

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	<p>100% Cod fillet fish cakes with diced carrots and sauteed potatoes</p> <p>Carrots, Cod Fillet Fish Cakes (Contains: Gluten, Fish), Sauteed Potatoes, Sunflower Oil</p> <p>G F</p>	<p>Winter vegetable Pie</p> <p>Bay Leaves, Cabbage, Carrots, Cumin, Garlic, Gluten Free Flour, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Lentils, Onion, Parsley, Potatoes, Salt, Vinegar</p>	<p>Cauliflower cheese</p> <p>Cauliflower, Dairy Free Margarine, Gluten Free Low Salt Vegetable Stock, Grated Cheddar Cheese (Contains Milk), Ground Black Pepper, Milk (Contains: Milk), Mustard, Salt, Wheat Flour (Contains Gluten)</p> <p>G D M</p>	<p>Beef chilli con carne with kidney beans served with basmati rice</p> <p>Baked Beans In Tomato Sauce, Beef Mince, Chopped Tomatoes, Fajita Seasoning, Garlic, Gluten Free Low Salt Vegetable Stock, Ground Black Pepper, Kidney Beans, Mixed Herbs - Dried, Mixed Peppers, Onion, Salt, Smoked Paprika, Sugar, Sunflower Oil, Sweetcorn</p>	<p>Vegetarian bolognaise with garden peas served with penne pasta</p> <p>Black Pepper, Carrots, Chopped Tomatoes, Egg Free Penne (Contains Gluten), Garden Peas, Garlic, Gluten Free Low Salt Vegetable Stock, Green Lentils, Onion, Oregano, Salt, Sugar, Sunflower Oil</p> <p>G</p>
Dessert	<p>Fruit yoghurt</p> <p>Fruit Pureed, Natural Yoghurt (Contains Milk), Sugar</p> <p>D</p>	<p>Berry flapjacks</p> <p>Apple, Blackberries, Blackcurrants, Brown Sugar, Dairy Free Margarine, Golden Syrup, Porridge Oats (Contains Oat & Gluten), Raspberries, Redcurrants, Strawberries</p> <p>G</p>	<p>Fresh fruit salad</p> <p>Honeydew Melon, Oranges, Pineapple, Red Apple, Sugar</p>	<p>Cinnamon and pineapple cake</p> <p>Cinnamon, Egg, Gluten Free Baking Powder, Milk (Contains: Milk), Pineapple, Soya Flour, Sugar, Sunflower Oil, Turmeric, Wheat Flour (Contains Gluten)</p> <p>G E SB D</p>	<p>Fresh melon slices</p> <p>Honeydew Melon</p>

Allergens Key

- D** Dairy
- E** Eggs
- SB** Soy Beans
- M** Mustard
- L** Lupin
- C** Crustaceans
- P** Peanuts
- G** Gluten
- F** Fish
- N** Nuts
- SS** Sesame Seeds
- M** Mollusc
- C** Celery
- SD** Sulphur Dioxide